

Poached Omani Chicken Breast Marinated with Dilmah Green Tea with Jasmine Flowers



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Alpesh Dias

- Sub Category Name
Food
Savory

- Recipe Source Name
Dilmah Silver Jubilee

Used Teas



Vivid Fragrant
Jasmine Green tea

Ingredients

Poached Omani Chicken Breast Marinated with Dilmah Green Tea with Jasmine Flowers

- 4nos Chicken Breast
- 50g Dilmah Silver Jubilee Natural Jasmine Green Tea
- 20g Coconut Flesh
- 20g Pomegranate Seeds
- 200ml Olive Oil
- 10g Sugar



- 20g Ginger
- 1 cup Dilmah Black Tea

Coconut & Ginger Sauce

- 50ml Coconut Milk
- 5g Ginger
- 5 leaves Basil
- Salt to taste
- Pepper to taste
- 3ml Lemon Juice
- 1nos Shallots

Methods and Directions

Poached Omani Chicken Breast Marinated with Dilmah Green Tea with Jasmine Flowers

- Heat up the oil to 75 C and add $\frac{3}{4}$ of the tea leaves. Rest it for 15 min
- Strain and add fresh remaining tea leaves and the chicken breast.
- Let it marinate for 48 hrs.
- Remove the chicken from the oil marinade and stuff with grated coconut and pomegranate seeds.
- Prepare a black tea and add the sugar to balance the taste.
- Roll the chicken breast using a cling wrap and vacuum pack with 5 teaspoons of the tea decoction.
- Sous vide the breast for 10 min in water at 85 C.

Coconut & Ginger Sauce

- Combine all the ingredients except lemon juice and reduce to a thin sauce on a slow fire
- Season and strain.
- Add lemon juice to cut the slimy taste.